

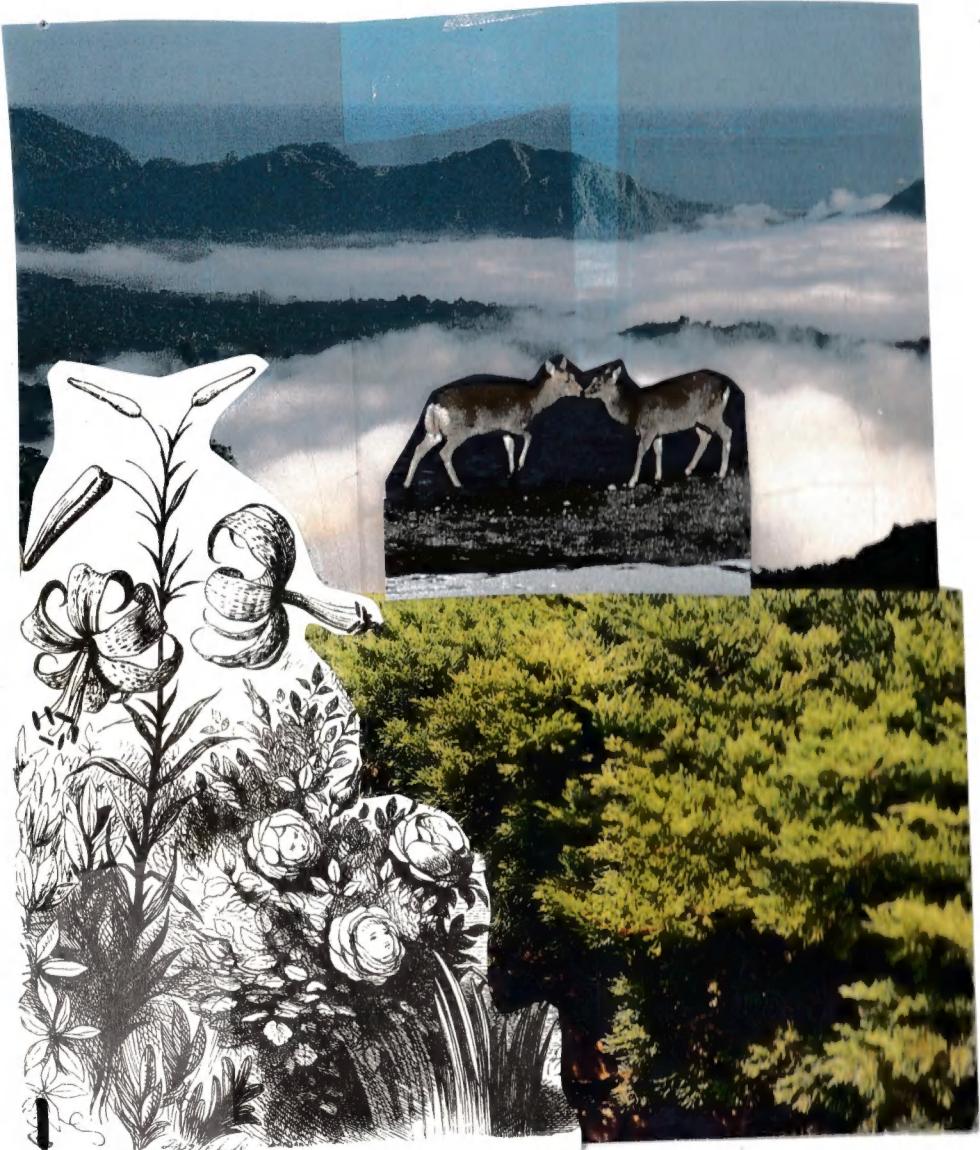
NEW  
heARTS  
NEW  
bones

BACK BY  
POPULAR DEMAND

THIS PUBLICATION  
IS

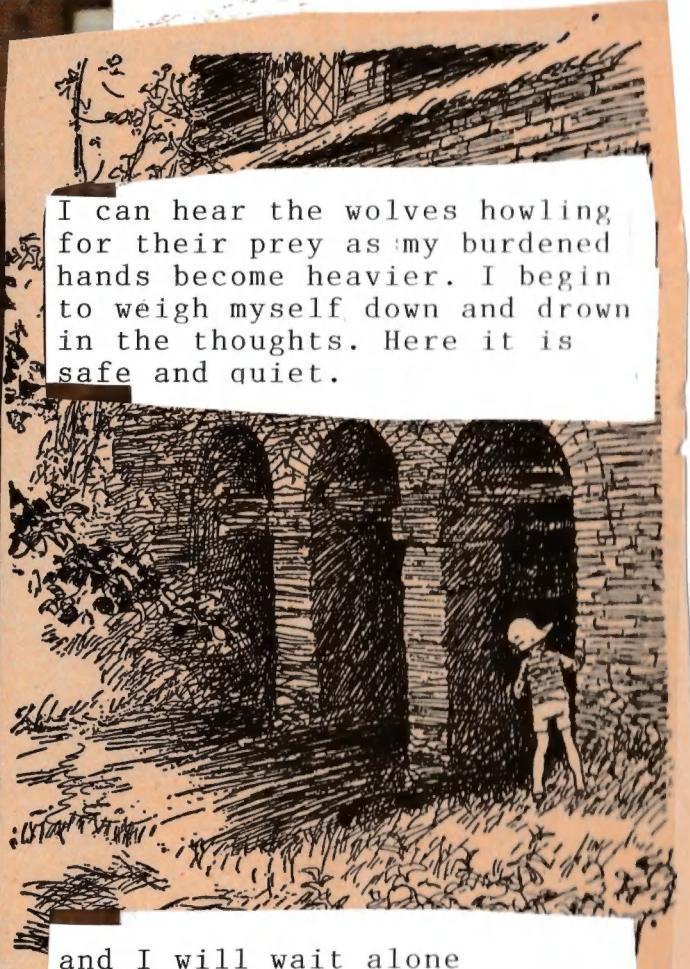
FREE

APR 2012 L



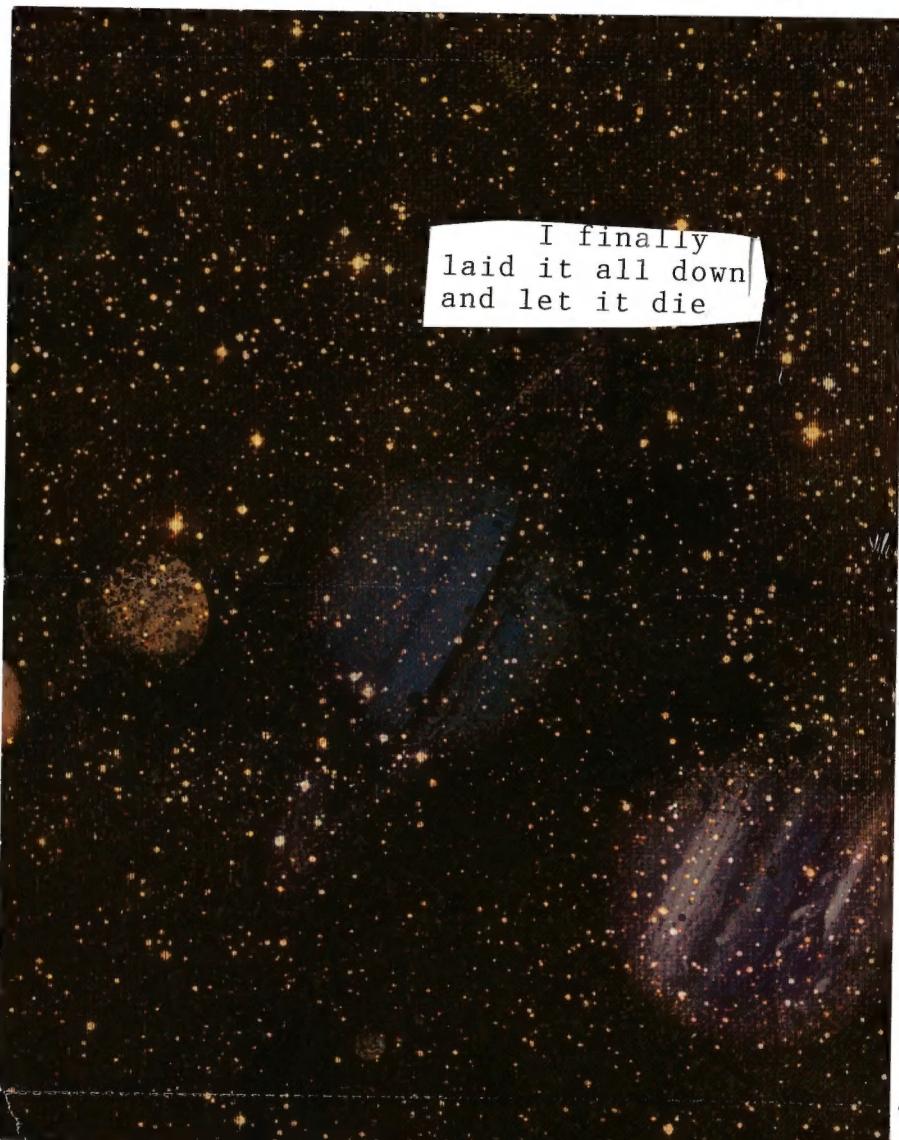
$$\begin{aligned}
 & (Y, X) \text{ free } \Rightarrow g(Z, X + \nabla Y) \\
 & g(Z, X + \nabla Y) + g(Z, Y) = g(Z, Y) \\
 & \text{neat} + \text{neat} = h \\
 & (u) L(u) h = h \\
 & (u) T(u) \| \leq M(1 + \| u \|) \\
 & \frac{\partial f_k}{\partial x_j} \leq \frac{\partial f_k}{\partial x_j} \sin(\lambda f_k) \\
 & \text{So for } \lambda \text{ smooth}
 \end{aligned}$$

$u_{n+1} = u_n - k_n L(u_n)$   
 perturbation Process  
 $g_{ij} = \sum_k a_{kj}^2 \frac{\partial f}{\partial x_i} \frac{\partial f}{\partial x_j}$   
 $y^k = (a^k) \sin(\lambda f_k)$   
 $y^{n+k} = \frac{a^k}{\lambda} \cos(\lambda f_k)$   
 $T(u_{n+1} + u_n - u_n) = T(u_n) + DT(u_n)$   
 So  $\| T(u_n) \|$   
 Non Non  
 2



I can hear the wolves howling  
for their prey as my burdened  
hands become heavier. I begin  
to weigh myself down and drown  
in the thoughts. Here it is  
safe and quiet.

and I will wait alone  
until I can see the sky again  
the sun  
bring me warmth  
light into my eyes

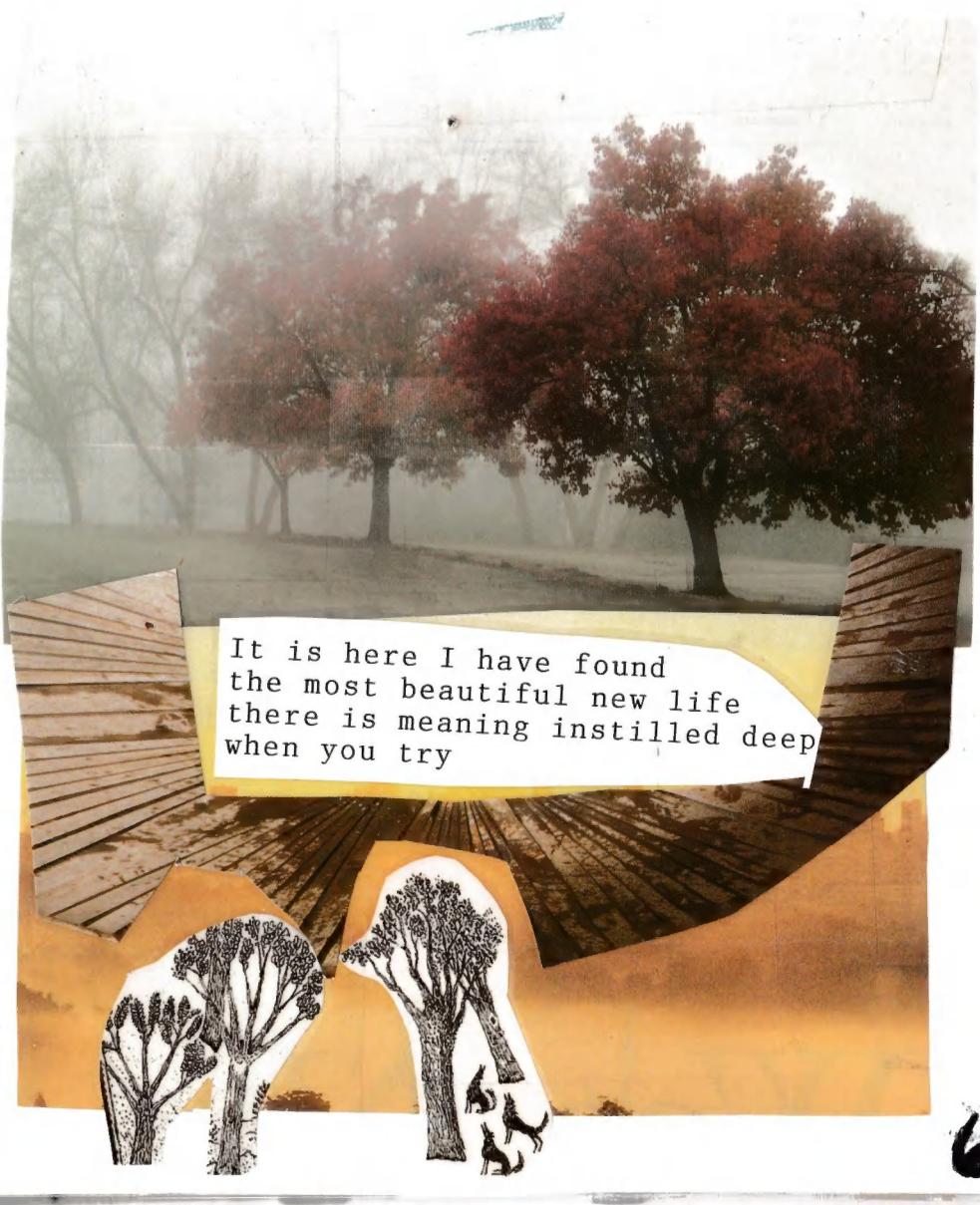


I finally  
laid it all down  
and let it die



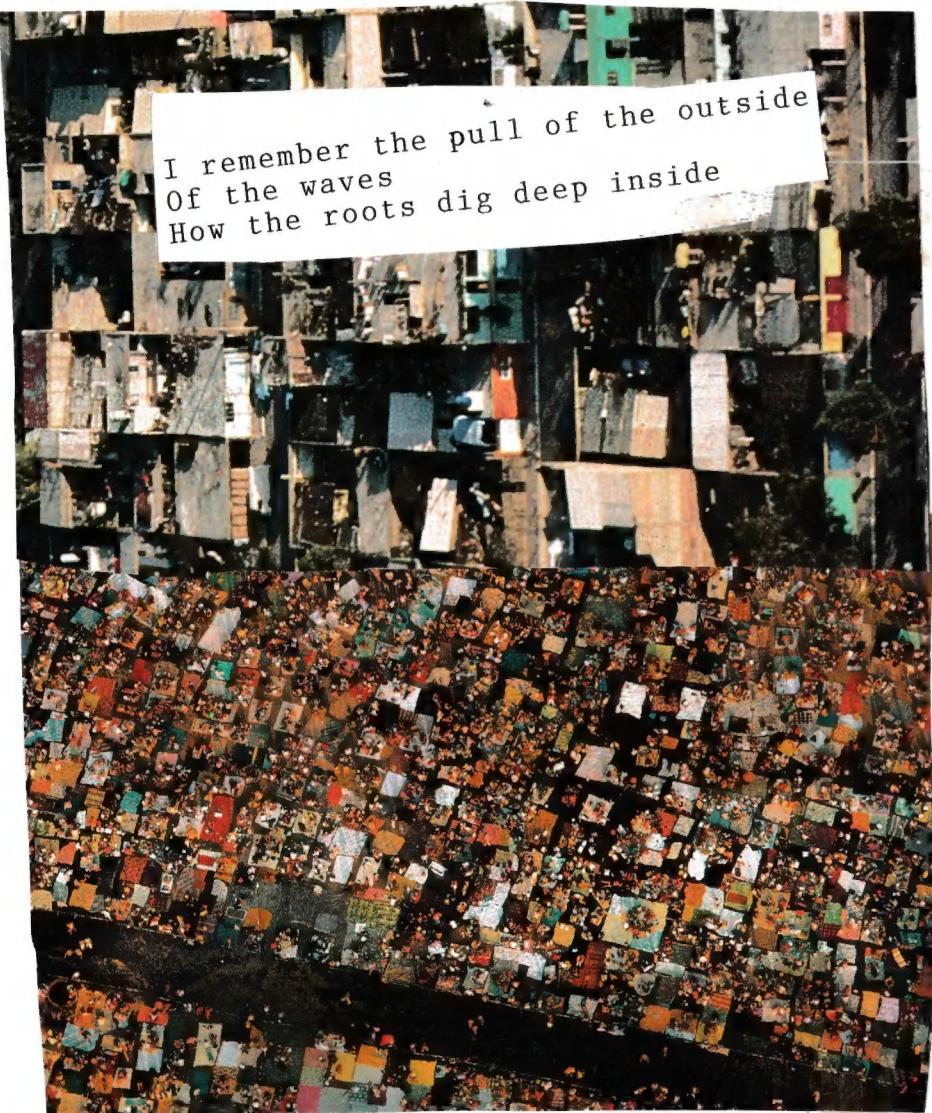
I release a long awaited sigh of relief  
I stand firm in my growth and release  
You have loved me and opened my heart  
to big blue skies  
The suns warmth, finally  
shines down upon all our lives

bursting my eyes into light

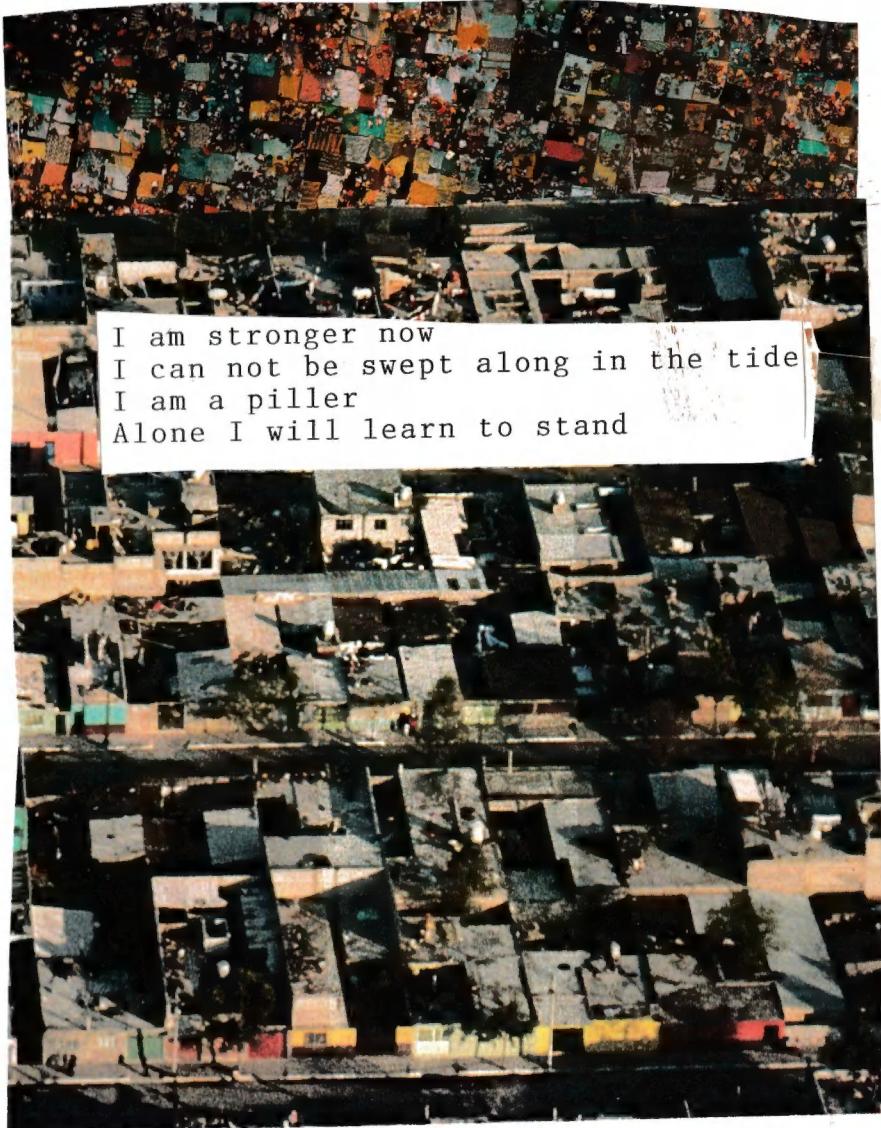


It is here I have found  
the most beautiful new life  
there is meaning instilled deep  
when you try

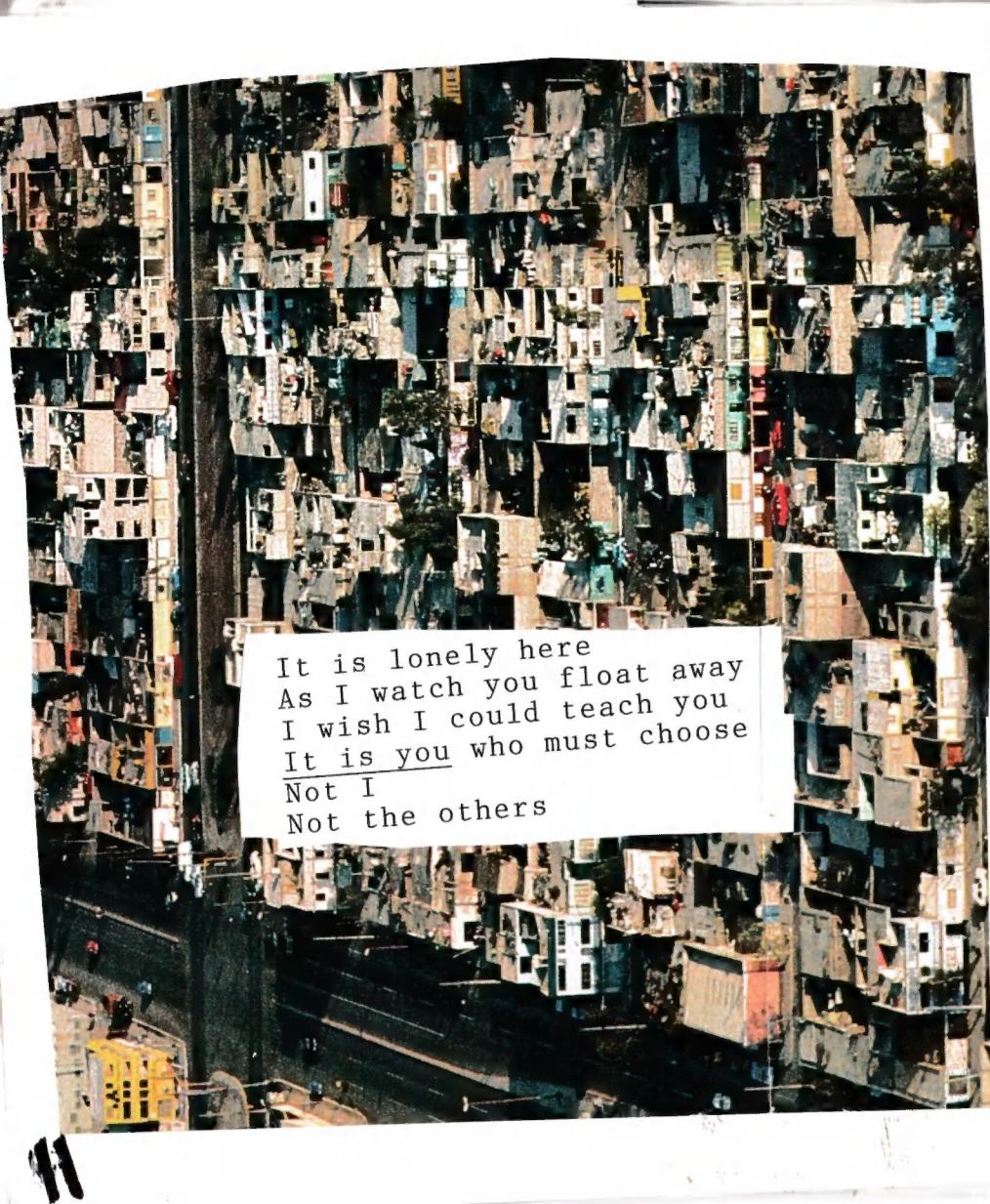




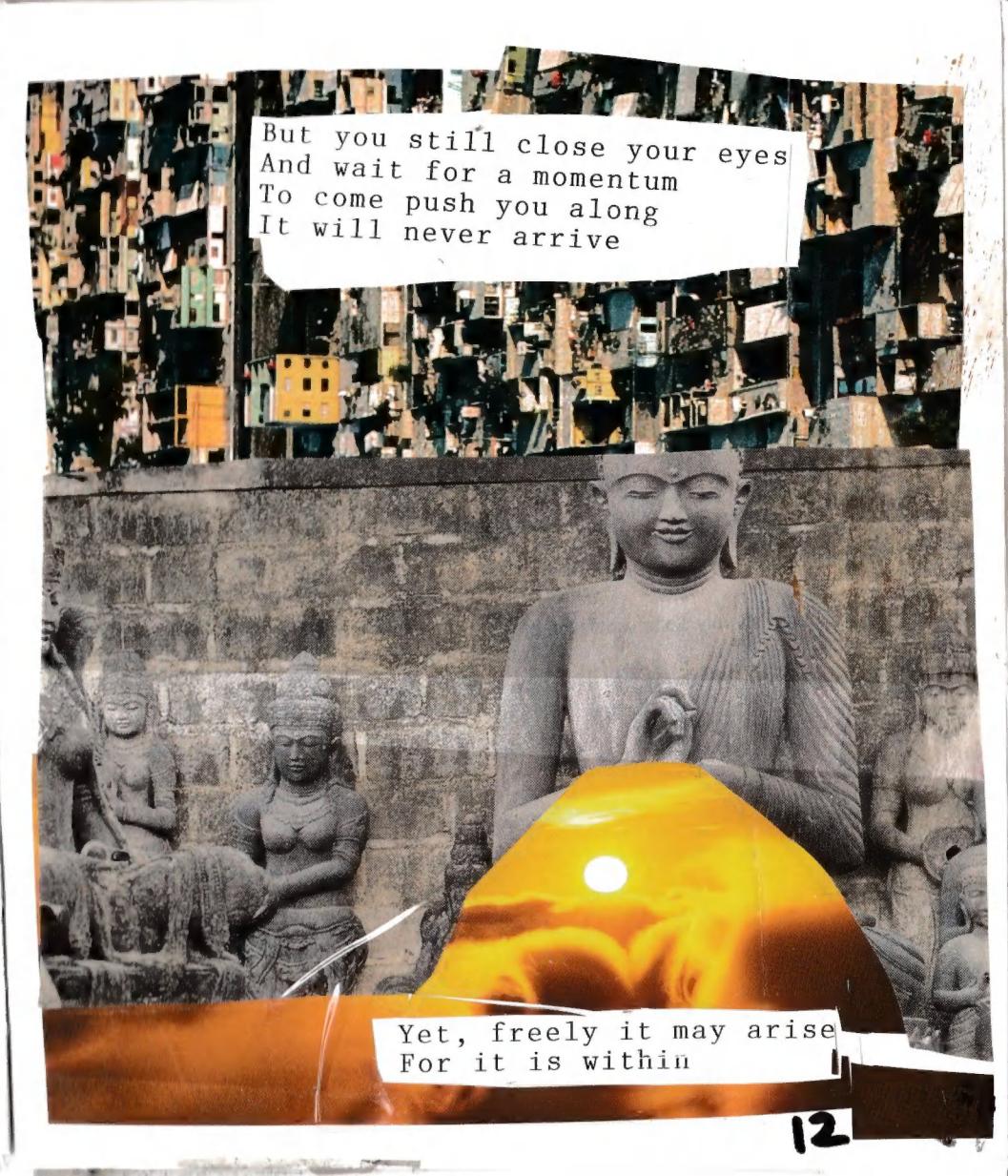
I remember the pull of the outside  
Of the waves  
How the roots dig deep inside



I am stronger now  
I can not be swept along in the tide  
I am a pillar  
Alone I will learn to stand

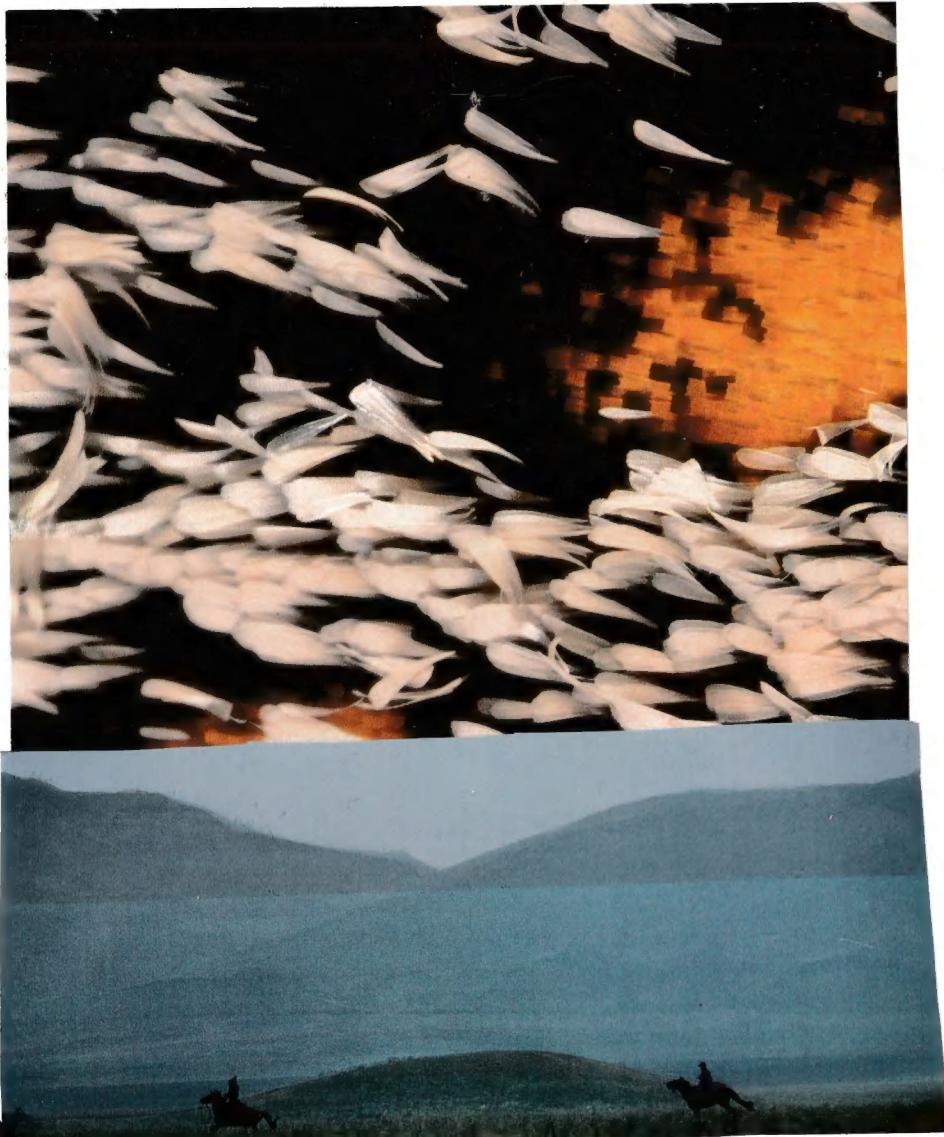


It is lonely here  
As I watch you float away  
I wish I could teach you  
It is you who must choose  
Not I  
Not the others

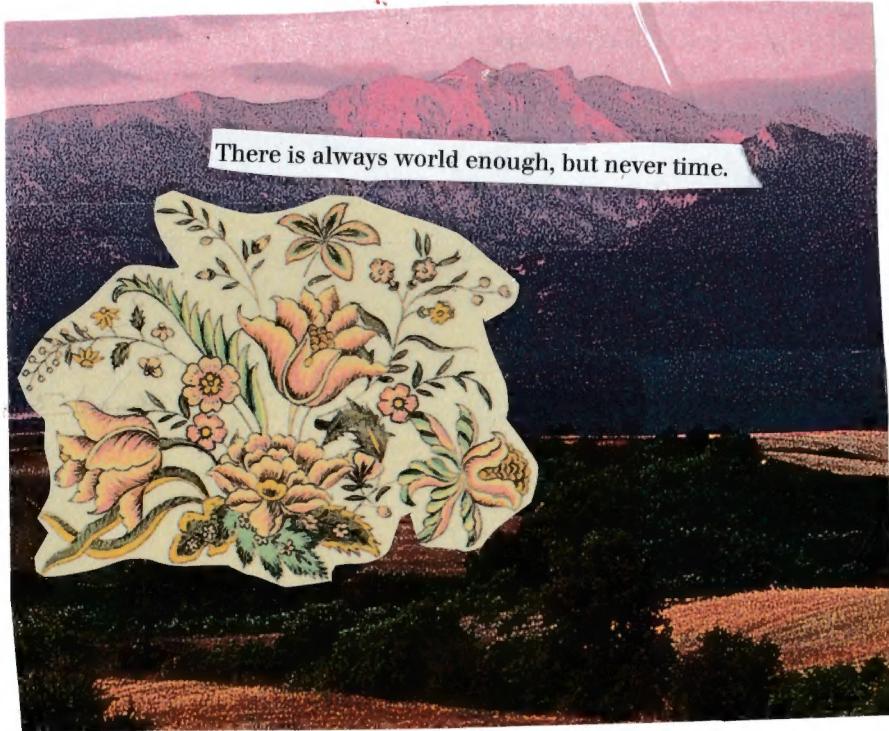


But you still close your eyes  
And wait for a momentum  
To come push you along  
It will never arrive

Yet, freely it may arise  
For it is within





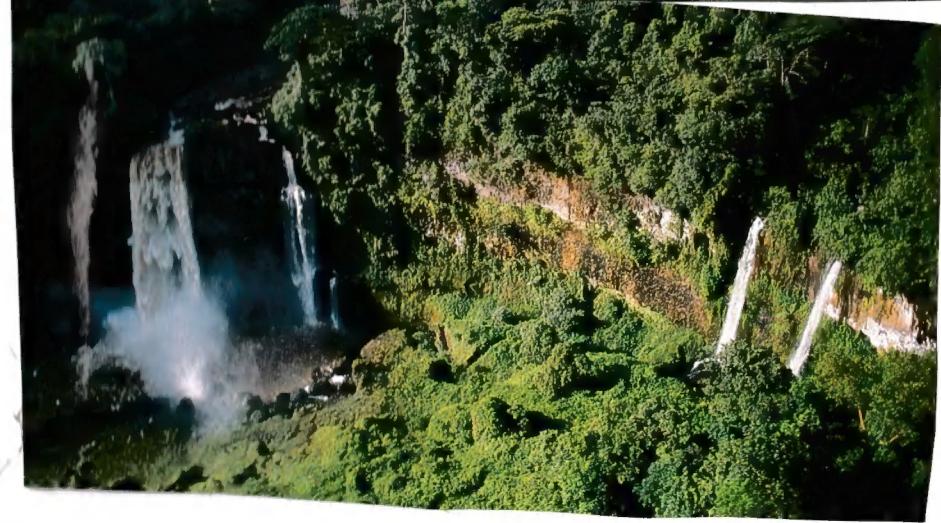


this world is so beautiful

We cannot equal it, we cannot live in it for long.



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TO ILLUMINATE

NEW HEARTS NEW BONES ISSUE #6

this free publication has been made for your mind by Checking  
and Waving Press. Reach us at [seethewavelengths@hotmail.com](mailto:seethewavelengths@hotmail.com)